



ADVANTAGE SPORTS UAE

www.advantagesportsuae.com

BALANCE



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Hello!



Welcome to my monthly educational book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!

Testimonials



I can highly recommend Maria Inglis team, I'm training with one of her PTs and I have lost 2 stone since November! I can honestly say that the professional approach, injected with humour, allows the sessions to be tough but fun. I have not reached my goal yet, but I will reach it months earlier than I had expected! Happy to answer questions if you have them. Thanks Maria! #endorsedwithpleasure

Cathy

I absolutely recommend coaches mentioned by Maria. They worked with me for over two years. He really knows his stuff and is both friendly and very patient! He is also knowledgeable in working with postpartum issues such as diastasis recti (separation of the abdominal muscles) and nutrition issues.

Deirdre

Advantage Sports TRX Class makes a change from the boring gym!! I need to be pushed to limits and found the group great, different people with different levels of fitness but not competitive or intimidating! Loved it!

Chantelle

I really like all my workouts Fantastic!! Thank you Maria

Roxana



I am so lucky that I have found Advantage sports website! Leila is an incredible and patient teacher; she make me comfortable and motivated in every class! Her kind-hearted personality makes each session fun and allows me to feel comfortable in her practices, she gives me the chance to take my yoga to another level, she's fantastic!

Ayesha

If you don't try you will never know. Best training trainers I ever met. They are amazing and tailor your workout according to your body requirements.

Susan

Great company, fantastic trainers, can't recommend them highly enough.

Nicola

I would like to thank Maria for organizing a Trainer to come to my home to continue my rehabilitation physiotherapy started by the hospital. So far the exercises using the TRX have been varied and not overly taxing at the time, I do know all about them later and take it really easy for the rest of the day - but my range of movement is improving slowly, and pain levels are slightly down - both of which are a wonderful bonus. If anyone looking for a personal trainer give these guys a chance to prove themselves to you.

Jacqueline



I'd like to thank all the team at Advantage Sports. I use Advantage Sports a lot! I have a personal trainer, and he is fantastic. I had a hip injury which other supposed trainers made worse. My hip is great, I am stronger and much fitter. It is obvious that he really knows what he is talking about and makes workouts enjoyable, but tough enough to keep pushing you to new levels. Thanks to Maria and the whole Advantage Sports team!

Sandi

Advantage Sport has been coaching me in the Masdar classes for over 6 months and I thoroughly enjoyed every single session as they are always fun, tiring and very rewarding physically. My PT is a very nice, respectful and professional trainer. He knows how to push you the limit and always try to make every class different and never boring. I have improved significantly the last months thanks to his hard working classes and I am looking forward to becoming even stronger in the future.

Genevieve

Just wanted to let you know I have completed my 12 sessions with my trainer. She is an amazing trainer; she knows when to push you and when to let go. Thank you so much for sending her. I was on 111kg and now I am 95kg ... just following her guidance.

Urooj

Get in touch



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Balance

Creating and maintaining a balanced lifestyle is becoming ever more important for our personal health and well-being. But, in our fast-paced, 24/7, 365 worlds, establishing a healthy work life balance whilst sustaining and improving personal health and wellbeing, can prove to be challenging, even for the most dedicated individuals.

Trying to find the equilibrium between a fulfilling career, a meaningful personal life, whilst maintaining some sort of a social life can take its toll. In our fluid and ever connected world, that task has become even greater. When once the boundaries between work and home were well defined, today, with technology that enables constant connection, those lines have become blurred, impacting both home and work life.

As we observe and experience our own realities, we become aware that life can at times swing from one extreme to the other. There are times when our world spins out of control and we lose our equilibrium, so, we compensate with weekends and holidays, assuring ourselves that this is a temporary blip and normal service will be resumed shortly.





What does a healthy and balanced lifestyle mean to you?

Just as our work life balance spins out of control, so do other aspects of our life. Our behaviours can become amplified, which can be reflected in our eating, drinking and TV watching habits. Binge eating, and yo-yo dieting, binge watching, and increased alcohol/substance dependency are common features of today's society.

More recently, a new phenomenon of binge exercising drives many more off balance. Initially prevalent after the Christmas period, but also occurring before summer holidays and charity fitness attempts, this tendency often results in injury as the participant goes from doing nothing all year to exercising 7 times a week. In more extreme cases, it may result in exercise bulimia i.e. overexercising to burn fat and calories.



"The key to feeling your best is to help your body to work as efficiently as possible. This may sound simple, but it's not always obvious what help the body needs: Often we are harming our bodies without even realising it."

Matt Roberts, celebrity Personal Trainer

We have become familiar with the term burnout, which is often applied to the workplace where individuals are subjected to various forms of undue stress without sufficient recovery. However, the same can apply to those who exercise regularly, but it is referred to as *Overtraining*. It is generally more common in athletes, but increasingly, far too many of us choose to overlook the benefits of recovery. According to clinician and fitness coach Dr Phil Maffetone, even the best training schedule can weaken the body when recovery is inadequate. His simple definition of successful exercise is this equation:

Training = Workout + Recovery



This suggests that your training schedule becomes overtraining once the duration and/or intensity increases, and/or your recovery is inadequate.

If you are habitually following the same fitness program and have ingrained exercise habits, chances are, you are seeing very little progress in terms of weight loss, increase in energy levels and overall wellbeing. Perhaps it is time to consider making some adjustments to your routine. Keep in mind that rest and relaxation are crucial elements of any fitness equation and that 'change is as good as a rest'. You may be pleasantly surprised at the results.

So, less can be more when we apply it to working out, but what about other aspects of our lives. How can we create a more fulfilling, healthier, happier life and find balance?

One simple solution is laid out in the Faulkner Life Balance Map. John Faulkner's map is based on the idea that practice and integration of small changes can transform your life is a recognised and often used method to help individuals refocus in order to create a more fulfilling, healthier, and happier life.

Faulkner identifies six key areas or 'containers of life' which you need to fill in order to achieve a balanced way of living. By practicing and integrating small changes to our lives, we are able to transform, but the key is making each of these 'containers' work together. The better the cohesion, the greater your success.

TASK: On a plain sheet of paper, draw six boxes or 'containers' and give each one a label: **Mental, Physical, Emotional, Social, Spiritual** and **Symbolic**.

On each container, draw a line to represent how full or empty that aspect of your life is.

Repeat this exercise every six months or so to keep your life in balance.



Faulkner defined the following for each aspect solely for the purpose of this task:

Mental: Using your brain for both logical, rational planning activities as well as creative fun filled activities.

Physical: Looking after yourself. Taking regular exercise, maintaining your strength, eating the best food you can afford and avoiding junk food. As well as finding time to relax.

Emotional: Knowing yourself and not hiding from your emotions. Learning that it is okay to feel sad or happy, up or down, and to love and be loved.

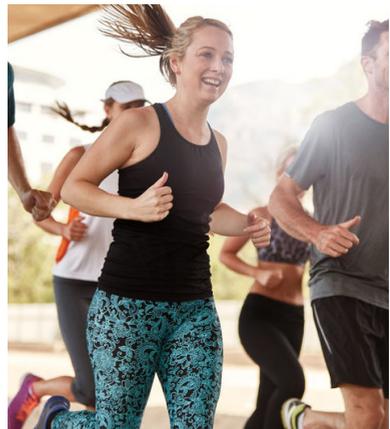
Social: Belonging to a group, whether that is family, friends, or work colleagues. We all need to feel part of something and belong somewhere.

Spiritual: Not necessarily a link to a religion or approach to life, this is more about your core values and beliefs. Your sense of right and wrong.

Symbolic: What inspires you? Your goals, dreams ambitions along with the stories, myths and people that are meaningful and inspiring to you.

Which container is least full? This is your starting point to a 'rebalanced' life. The simplicity of this process should not lower its value. What makes this 'model' so successful is the dynamics and connections between the containers so that by acting in one area you inevitably are achieving in another.

For example, you have relocated, and your friendship groups are now further afield. Consequently, your social life has taken a dip and you are feeling unsettled. Using the Faulkner Model, he would suggest you look at what you like doing, see where there is group that you might join and rebuild or 'fill' that container. If you like running, maybe join a local running group, make new friends, keep fit and feel better. By ripple effect, each container has been replenished in some way even if the immediate need was for social fulfilment.





The 'relocation' example is almost too simplistic, as when we move, everything changes. The challenge is for us to 'audit' our own life on a month by month, season by season and year by year basis. By focusing on our physical, mental, social, spiritual, symbolic, and emotional health on a regular basis, we are more likely to avoid spinning out of control, or worse still, merely existing not living our life.

Just like realising and achieving any goal in life, it takes time and effort to overcome your everyday habits and ingrained patterns to establish new ones. Remaining focused and on track with this detailed and purposeful process for three months, will give you a good chance to create new habits and a balanced life moving forward.

The Power of NO

Do you find yourself doing things you do not really want to do, going to places and seeing people that you would prefer not to? Chances are somewhere along the line you had a choice between saying yes and no – and you chose yes.

No is a small word that packs a lot of power, but a word we often feel uncomfortable saying. We prefer to put our own feelings to one side in order not to hurt someone else. Our inability to say "no" occurs because we want to reassure and make others feel comfortable. Ignoring our own feelings and needs seems like the thoughtful thing to do. But as our world spins increasingly faster, powered by algorithms that follow us around on social media, online shopping and Netflix, then guide us down never ending 'rabbit holes', it is understandable that most of us react and decide too quickly.

Pause for thought, consider your choices, consider yourself, and replace your automatic "yes" with "I'll think about it."

Finding and maintaining balance may often appear elusive, yet we can work towards that goal, every moment of every day. Remember that we stay in balance best by looking at both sides of every story, and then going inwards and tuning in to how any of it applies to us personally.

Once found, balance will give you precious time; time with family and friends, time alone, time to work, time to play, and time to live the life you want to live.